



St Catherine's Primary School



Home Learning

Level: First

Teacher: Miss Owens

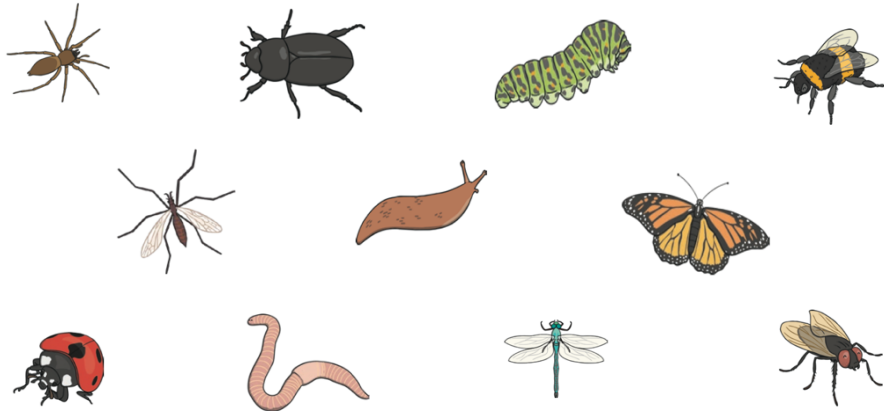


Health and Wellbeing (PE 3)

Complete at least one PE challenge each day and remember to tick off the challenges as you do them to help you keep track of your progress. You could even send some pictures or videos of you completing the PE challenges to your class teacher on Seesaw. Good luck boys and girls!

**Challenge 1 – Minibeast Walk**

Spend some time outside by going for a walk with a parent or guardian. Can you spot some minibeasts? Why don't you take pictures of the minibeasts you find and do some research on them when you get home?



**Challenge 2 – Gymnastics Balances**

1. Can you hold a balance with only 1 body part on the floor?  
Try to hold balances for 5 seconds.
2. Can you hold a balance with 2 body parts on the floor?
3. Can you hold a balance with 3 body parts on the floor?
4. Can you hold a balance with 4 body parts on the floor?
5. Can you hold a balance with 5 body parts on the floor?
6. Can you make wide, tall and small shapes with your body?
7. How many letters of the alphabet can you make with your body? If a letter is really tricky, ask a family member to help you.
8. Can you link 5 balances together to create a balancing sequence?



### Challenge 3 – Teddy Bear Fitness

Complete these exercises with teddy bears to help improve your fitness. Follow the link below to take you to The PE Shed's YouTube video.

<https://www.youtube.com/watch?v=whPptTaKMtA>



#### **Equipment**

Teddy bears or other cuddly toys



### Challenge 4 – Socks in the Box

How many socks can you pair up and put in the box in 60 seconds?

Place unpaired socks 5 steps away from the box. Players run, match up a pair of socks and place them in the box. Count how many you manage to get in the box after 60 seconds and then try to beat your score each time.



#### **Equipment**

Socks and a box

Don't worry if you don't have a box! Use a washing basket, a bowl, a bag or anything else in your home that's suitable.

**Achieve Gold** (15 pairs of socks)



**Achieve Silver** (10 pairs of socks)



**Achieve Bronze** (5 pairs of socks)



### Challenge 5 – Spell Your Workout

Spell your name, a family member's name, a tricky spelling word or any word of your choice. For each letter do the exercise listed below.

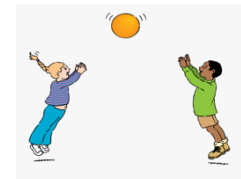
- |  |   |
|--|---|
| <b>A</b> 10 jumping jacks              | <b>N</b> Pretend to jump rope for 20 seconds      |
| <b>B</b> 8 push ups                    | <b>O</b> Running and punching for 15 seconds      |
| <b>C</b> 5 burpees                     | <b>P</b> Dance for 30 seconds                     |
| <b>D</b> 20 high knees                 | <b>Q</b> 12 high kicks                            |
| <b>E</b> 7 sit ups                     | <b>R</b> 8 frog jumps                             |
| <b>F</b> 10 mountain climbers          | <b>S</b> Jog on the spot for 20 seconds           |
| <b>G</b> 5 squats                      | <b>T</b> 10 butt kicks                            |
| <b>H</b> 10 front lunges               | <b>U</b> 11 shoulder taps                         |
| <b>I</b> 10 side lunges                | <b>V</b> Basketball throws for 15 seconds         |
| <b>J</b> Wall sit for 15 seconds       | <b>W</b> 9 star jumps                             |
| <b>K</b> 6 calf raises                 | <b>X</b> 14 arm circles                           |
| <b>L</b> Hold the plank for 15 seconds | <b>Y</b> Run to the nearest door and back 4 times |
| <b>M</b> 3 squat jumps                 | <b>Z</b> 13 kangaroo jumps from left to right     |

### Challenge 6 – Throwing and Catching

Work on your throwing and catching skills by playing these fun games with someone in your household.

Follow the link below to take you to the YouTube video and focus on **Build 1** and **Build 2** for the first and second game.

<https://www.youtube.com/watch?v=7q2lx8TN8LE&t=4s>



#### **Equipment**

**Game 1:** A ball and a hula hoop

Use a piece of cardboard or paper if you don't have a hula hoop

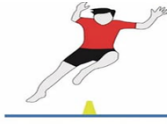
**Game 2:** A ball

Use a beanbag, a cuddly toy, a scarf or other homemade alternative if you don't have a ball

### Challenge 7 – Speed Bounce

How many times can you bounce over a pillow in 60 seconds?

Both feet must land over the pillow for the jump to count. Count how many you manage to do in 60 seconds and then try to beat your score each time.



#### **Equipment**

A pillow

Jump over a safe object if you do not have a pillow

**Achieve Gold** (60 bounces)



**Achieve Silver** (40 bounces)



**Achieve Bronze** (20 bounces)



### Challenge 8 – Couch Island (Balancing)



#### **Equipment**

Pillows, towels, cuddly toys, a couch and a stopwatch



With a parent or guardian's permission, create a trail leading to a couch in your house by placing all equipment on the floor (it is your choice how long or short the trail is).

Start by standing on a piece of equipment and make your way

to the couch without falling off the objects as you are pretending the floor is water. If you fall off, you must restart the trail. Time yourself to see how long it takes and then try to beat your time.



### Challenge 9 – Speed Snaps

Work on your speed, stamina, focus, communication and creativity by playing 'Speed Snaps' which is a game from Glasgow's PEPASS Team (Physical Education, Physical Activity and School Sport). Follow the link below to take you to PEPASS' YouTube video.

1. Play the main game with someone in your household.
2. Complete the extension tasks (addition and subtraction games).

<https://www.youtube.com/watch?v=IbRCit4e-1s>

#### **Equipment**

A pack of playing cards/snap cards or even make your own cards



### Challenge 10 – Aerobics Routine

Create your own aerobics routine with 4-6 different actions. For example, marching on the spot, circling your arms, jumping jacks and punching to the side.



Perform each action to a count of 16 to music and repeat until the song is finished.

Why don't you teach a family member your routine and then exercise together to the music?



